

EVERY DAY!



DEAR KINDERGARTEN FAMILIES,

We hope that Kindergarten is going well! This is issue 7 of our **Learning Through Play** newsletter. These newsletters and the **Welcome to Kindergarten™** Resource Kit provide you with ideas on how to have fun while you talk, read, create and play every day with your child.

Follow us on [Instagram](#) and like us on [Facebook](#) for more family-friendly activities to do with your child.

Have fun learning and playing!

The WTK Team

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YOU ARE YOUR CHILD'S FIRST AND BEST TEACHER!

- **Follow** your child's lead as you play and discover together.
- **Talk and read** with your child in your first language.
- **Help** your child to share and take turns.
- **Encourage** your child to make choices and decisions.
- **Celebrate** your child's learning.

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Talking and Reading Together



Sound Sort

- Gather some familiar items from around your home (i.e., a toy car, a doll, a spoon, a block, etc.).
- Encourage your child to say the name of the item and think about the sound they hear at the beginning (i.e., block starts with b, car starts with c, etc.)
- Help your child by modelling how to say each word and practicing with them.
- Using magnetic letters, encourage your child to match the letter that goes with the item.
- Try this with different objects indoors and outdoors and see how many sounds your child can identify.



WHY IT MATTERS

Playing with words and letter sounds help children with learning to read and write.



Drawing Together

Drawing with your child is a fun experience! Children develop fine motor skills and eye-hand coordination when they draw. Enjoy drawing and exploring together.

Here are some things that can help your child learn to draw:

- Use WTK crayons or other drawing tools that are easy for your child to hold.
- Show your child how to draw simple shapes like lines, circles, squares and triangles. Draw slowly and encourage your child to watch and try to mimic your actions.
- Let your child draw what they want - even if it doesn't look like anything recognizable! This helps them express their creativity and gain confidence.
- Praise your child's efforts. Spend time drawing together.
- When you display your child's artwork, you boost their confidence and self-esteem.



Exploring Math Together

Go on a Shape Hunt!

When you are outside on a walk, go on a shape-finding adventure! You will be surprised at how many shapes are in the world once you start looking!

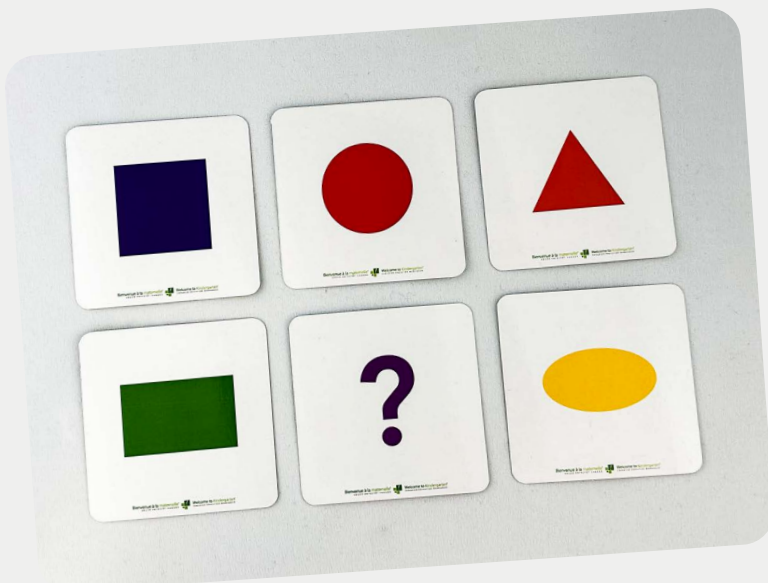
- What shapes can you see? (e.g., signs, sidewalks, buildings, leaves, rocks etc.). Can you name the shapes like circles, squares, triangles, rectangles, hearts and more?
- Try making shapes with stones and other items from nature.
- Using the **WTK Pocket Dice** and shape cards, roll the dice and match the shape to what you see around you.
- Visit the local library and ask a librarian to help locate books about shapes.



Can you find the circles?

WHY IT MATTERS

Recognizing different shapes in the environment helps build skills in math and art.



Creative Exploration



Photography by Cowbell Photography

Let's Paint!

Painting is a rich learning activity that children enjoy, while learning about colour, texture, shape and more!

- You can use prepared paints (e.g., Tempera, water colours, and finger paints) or you can make paint at home! Look in your recycling bin for things to paint (e.g., paper, cereal or shipping boxes, egg cartons, etc.)
- Use your fingers, paintbrush, or other things to paint. Try painting with cut-up sponges, Q-tips, old toothbrushes, craft pom poms, bubble wrap, sticks, etc. Use items from around the house as a stamp or stencil (e.g., juice cap, small block, cork, leaves).
- Paint with your child. Help them make pictures and use their imagination.

WHY IT MATTERS

Creative activities help children develop imagination, build confidence, express emotions and improve fine-motor skills.



Homemade Paint Recipe

Ingredients:

- 1 cup of flour
- 2 1/2 cups of cold water
- 2 tbsp of food colouring in assorted colours (start with red, yellow, blue)

Instructions:

1. Combine the flour and water in a saucepan and cook over low heat until smooth.
2. Add the salt and mix.
3. Remove from heat.
4. Pour the paint base into a muffin tin or Styrofoam egg carton.
5. Cool; Once cooled, add a few drops of food colouring and stir.



Exploring Feelings Together



Face Story

Our faces and bodies tell a story about how we are feeling.

- Use the emotions activity cards from your WTK Kit. Look at the facial expressions in each photo and guess what emotion each child is feeling (e.g., happy, sad, angry/mad, surprised, worried or tired/sleepy).
- How do you know? (is it their mouth or is it their eyes?)
- Encourage your child to tell about a time when they felt some of those emotions.
- Invite your child to tell a story about what might be happening in some of the photos.
- Talk about ways to calm yourself when angry, mad, worried or scared. (e.g., take deep breaths, ask a trusted adult for a hug, count to 10, find a safe space, play quietly with a favourite toy, listen to calm music).

WHY IT MATTERS

Children learn to manage their emotions by first learning to recognize what they are feeling, to name their feelings and to practise calming strategies.



My Family Portrait

Your child is developing an understanding of their place in the world. Try these activities together. This can help your child learn more about themselves and their unique qualities.

- Listen to the song called [One Big Family](#) from the **WTK Interactive Song** collection. This song invites you to talk about your family and what makes them unique (e.g., siblings, language, traditions, culture etc.).
- **My Family Portrait** - using the WTK rainbow and skintone crayons, draw your family together. Include all family members (even pets) and help your child to note unique features of everyone in the family.

Have fun celebrating your child and their family!



Cooking Together

Veggie Stir Fry

When gardens and local stores are full of fresh produce, a veggie stir-fry over your favourite rice or pasta is a wonderful option for mealtime. During the meal preparation:

- Chat with your child about the name of the recipe. Ask them to predict the ingredients.
- Have fun with rhyming words. Ask them to find words that rhyme with fry, stir, corn and red.
- Talk about cutting the vegetables into bite-size pieces. Are the pieces triangles, squares, rectangles, etc.?

Yield: 8 portions

Preparation time: 15 mins

Cooking time: 15 mins



Ingredients

- 1 whole cauliflower, chopped into florets
- 1 whole broccoli, chopped into florets
- 1 whole red pepper, diced
- 1 can, 15 oz. (425 g) baby corn
- 1/3 cup (80 mL) low salt (sodium) soy sauce
- 1/4 cup (60 mL) low salt (sodium) chicken broth
- 2 Tbsp (30 mL) vinegar
- 1 Tbsp (15 mL) sugar
- 2 cloves garlic, minced or crushed
- 1 Tbsp (15 mL) cornstarch
- 1 Tbsp (15 mL) olive or canola oil



Equipment

- Small bowl
- Knife
- Cutting board
- Large non-stick pan or wok
- Measuring cups and spoons
- Whisk
- Wooden spoon



Instructions

1. Clean and chop the cauliflower, broccoli, red pepper and green pepper.
2. Open can of baby corn and drain out liquid.
3. In a small bowl, whisk together soy sauce, broth, vinegar, sugar, garlic and cornstarch.
4. Heat olive oil in a large non-stick pan or wok over medium-high heat.
5. Add cauliflower and sauté for five minutes.
6. Add broccoli, red pepper, green pepper and baby corn to pan with cauliflower and sauté until all vegetables are tender, about seven minutes.
7. Add soy sauce mixture to pan and coat vegetables.
8. Heat until the sauce becomes thicker, about two minutes.
9. Serve over cooked brown rice or whole wheat pasta. Follow the cooking directions on the package.



Try preparing some new recipes :

<https://welcome-to-kindergarten.ca/family-cookbook>



MORE RESOURCES TO EXPLORE

We hope you enjoyed reading this newsletter.
You are receiving this newsletter because your child's school participates in the Welcome to Kindergarten™ Program.

You are your child's first and best teacher,
so have fun talking, reading, creating and playing every day!

For more ideas, Follow Us on



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CANADIAN EDUCATION WAREHOUSE

About Welcome to Kindergarten™

Welcome to Kindergarten™ is a registered Canadian trademark of Canadian Education Warehouse.

Welcome to Kindergarten™ (WTK) supports new Kindergarten children and families, in warmly welcoming them to school. WTK offers high quality early learning materials and family support. All WTK activities and resources are based on current research and effective practice in early learning, transition to school, family engagement and community involvement.

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